

Lucky Charms Cereal- SM

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26445
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.00
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	23.00g
Fiber	2.00g
Total Sugar	9.00g
Added Sugar	9.00g
Protein	2.00g
Vitamin A 300.00mcg	Vitamin C 3.60mg
Calcium 60.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available
